

February 2016

Mon	Tue	Wed	Thu	Fri
1 10:30 COA Mtg. 1:00 Tai Chi Lemon Thyme Chicken	2 10:00 Card Players Group 12:30 Wii Games 12:45 Shopping Trip* GROUNDHOG DAY!  Beef Jardiniere	3 9:00 Upton Police 9:00—12:00 SHINE 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:45 Shopping Trip* 1:00 Afternoon Movie 2:30 Computer Class Herb Roasted Pork	4 10:00 Knit/Crochet Group 1:00 BINGO Spaghetti & Meatballs	5 9:00—1:00 \$ AARP Tax Appts. 10:30 Blood Pressure Checks 12:45 Birthday Bash  Spinach Cheese Omelet
8 9:00 Senator Moore 9:15 Shopping Trip* 1:00 Tai Chi  Beef Stew	9 10:00 Card Players Group 12:30 Wii Games 12:45 History of Chocolate!  Greek Chicken	10 6:45—5:30 Foxwoods Trip  10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Wellness Talk 1:00 Afternoon Movie 2:30 Computer Class Macaroni & Cheese	11 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO 5:00 Friends of Rachel BVT Dinner Meatloaf & Gravy	12 10:30 Blood Pressure Checks 12:00 Brain Healthy Lunch by Cornerstone  Crumb Topped Fish
15 PRESIDENTS' DAY Center is Closed  Valentine's Day, Sunday, Feb. 14th No Meals Served	16 10:00 Card Players Group 12:45 Valentine's Party for Kids & Seniors  2:30 Wii Games Vegetable Cheese Bake	17 9:00 Upton Police 9:00—12:00 SHINE 10:00 Strength & Stretch 11:00 Library Table/Kids' Storytime & Lunch  12:30 Canasta 12:45 Shopping Trip* 1:00 Afternoon Movie 2:30 Computer Class Salisbury Steak	18 10:00 Knit/Crochet Group 1:00 BINGO Chicken Murphy	19 9:00—1:00 \$ AARP Tax Appts. 9:15 Shopping Trip* 10:30 Blood Pressure Checks 12:45 Ranger Viola's Bird Talk  Salmon with Dill
22 9:15 Breakfast by Jan 10:00 Identify Theft & Online Safety Program  Historical Society Program, Sun., Feb. 21 at 1:30 Jambalaya	23 10:00 Card Players Group  11:30 Lunch Trip to Miss Mendon Diner 12:30 Wii Games Burgundy Meatballs	24 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks 12:30 Wellness Talk 12:45 Shopping Trip* 1:00 Afternoon Movie 2:30 Computer Class Pork Chow Mein	25 10:00 Knit/Crochet Group 1:00 BINGO 3:00 Craft Project with Students  BBQ Chicken	26 10:30 Blood Pressure Checks 5:30 Men's Club Supper  Potato Crunch Fish
29 9:15 Shopping Trip* 1:00 Tai Chi Lasagna		* Please see Newsletter for details on our shopping trips.		

February, 2016 — Dates to Remember

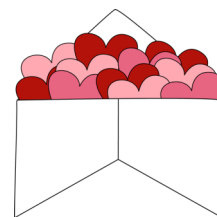
- Feb. 1 COA Meeting, 10:30
- Feb. 2 Shopping Trip—Market Basket, Hudson, 12:45
- Feb. 3 Upton Police, 9:00
- Feb. 3 SHINE Appointments, 9:00—12:00
- Feb. 3 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 12:45
- Feb. 5 AARP Tax Appointments, 9:00—1:00
- Feb. 5 Birthday Bash, 12:45
- Feb. 8 Senator Moore Visits, 9:00
- Feb. 8 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
- Feb. 9 History of Chocolate, 12:45
- Feb. 10 Foxwoods Trip, 6:45 am—5:30 pm
- Feb. 10 Wellness Talk with Jessica, 12:30
- Feb. 11 Shopping Trip—Shaw's/Walgreens, Milford, 9:15
- Feb. 11 Friends of Rachel Dinner at BVT, 5:00
- Feb. 12 Brain Healthy Lunch by Cornerstone, 12:00
- Feb. 12 RSVP's are due for March 4 Visit to the Salon at BVT
- Feb. 14 VALENTINE's DAY
- Feb. 15 PRESIDENTS' DAY—The Center is closed; no meals are served.
- Feb. 16 Valentine's Party for Kids & Seniors, 12:45
- Feb. 17 Upton Police, 9:00
- Feb. 17 SHINE Appointments, 9:00—12:00
- Feb. 17 Library Table/Kids' Storytime & Lunch, 11:00
- Feb. 17 Shopping Trip—Market Basket, Oxford, 12:45
- Feb. 19 AARP Tax Appointments, 9:00—1:00
- Feb. 19 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
- Feb. 19 Ranger Viola's Bird Talk, 12:45
- Feb. 21 Historical Society Program at the Upton Center, 1:30
- Feb. 22 Breakfast by Jan, 9:15
- Feb. 22 Identity Theft & Online Safety Program, 10:00
- Feb. 23 Lunch Trip to Miss Mendon Diner, 11:30
- Feb. 24 Blood Pressure Checks at the Upton Center with the Town Nurse, 12:30
- Feb. 24 Wellness Talk with Jessica, 12:30
- Feb. 24 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 12:45
- Feb. 25 Craft Project with Students, 3:00
- Feb. 26 Men's Club Supper, 5:30
- Feb. 29 Shopping Trip—Hannaford's, Uxbridge, 9:15



Happy Valentine's Day

Please call the Upton Center at 508-529-4558 to register for rides and programs.

**Hours of operation are
Monday—Friday, 9:00—3:30
(weather & staff permitting).**



WEEKLY EVENTS AT THE UPTON CENTER

Every Monday	Tai Chi	1:00
Every Tuesday.....	Card Players Group	10:00
Every Tuesday.....	Wii Games	12:30
Every Wednesday	Strength & Stretch	10:00
Every Wednesday	Library Table	11:00
Every Wednesday	Canasta	12:30
Every Wednesday	Afternoon Movie ...	1:00
Every Wednesday	Computer Class	2:30
Every Thursday	Knit/Crochet Group	10:00
Every Thursday	BINGO	1:00
Every Friday	Blood Pressure Checks with EMT.....	10:30